

Abstract of the Disclosure

A motorcycle or bicycle suspension having adjustable side-to-side flexibility. The suspension includes a telescopic fork and a fork bottom which couples the fork to the axle of a wheel. The fork bottom and the fork are stiff in the direction of travel, to avoid flexing under heavy braking. The fork bottom is flexible in the lateral direction, to improve the ability of the tire to stay in contact with the ground when leaned over and cornering over irregular, bumpy ground. The lateral flexibility of the fork bottom is adjustable by tightening or loosening a tension cable which is attached to the ends of the fork bottom and stretched over a fulcrum in the middle of the fork bottom. Tightening the tension cable increases sideways thrust of the fulcrum against the fork bottom, reducing the lateral flexibility of the fork bottom.